THE STRENGTH OF AMERICA LIES IN ITS YOUTH

JR.

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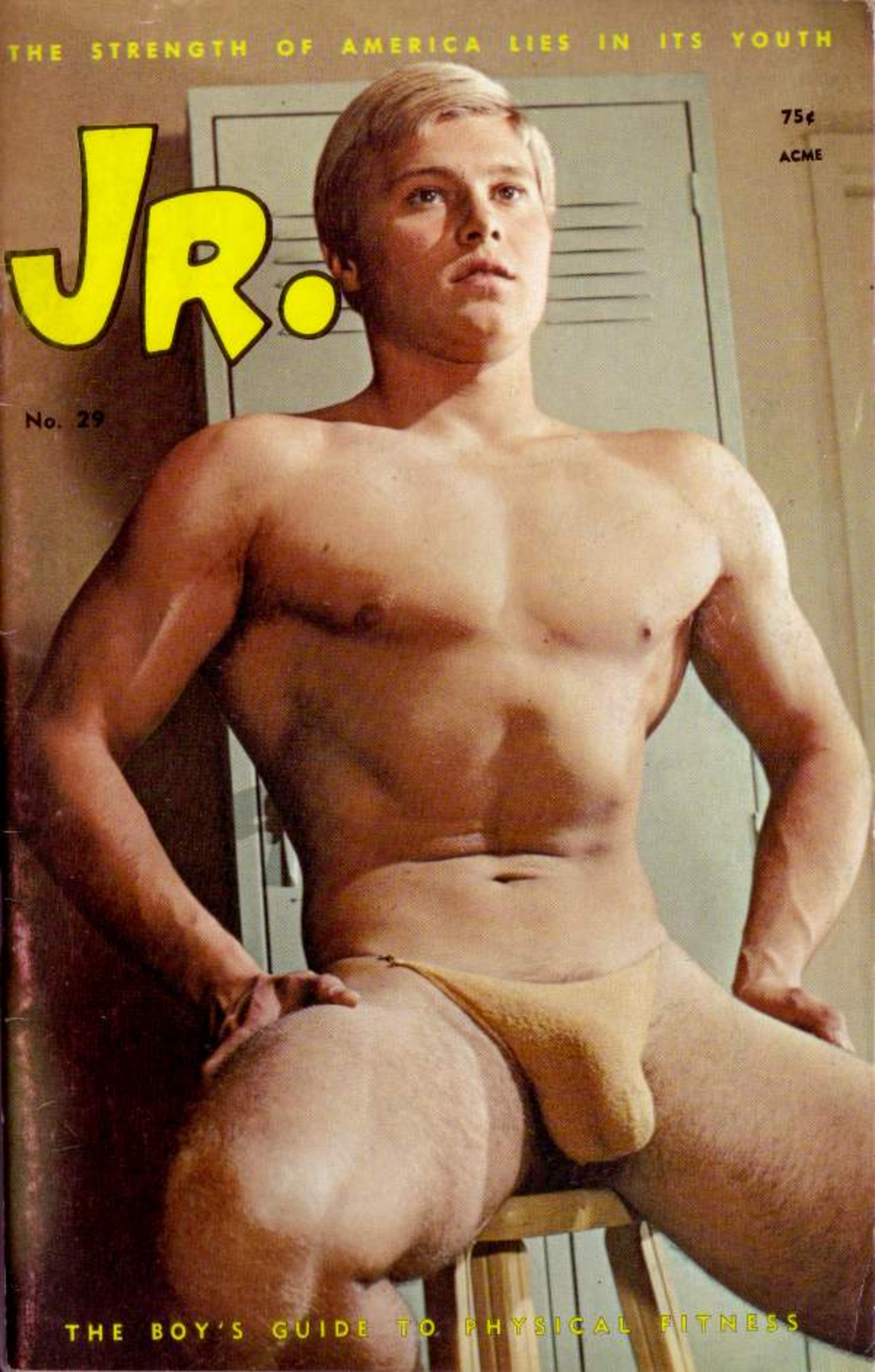
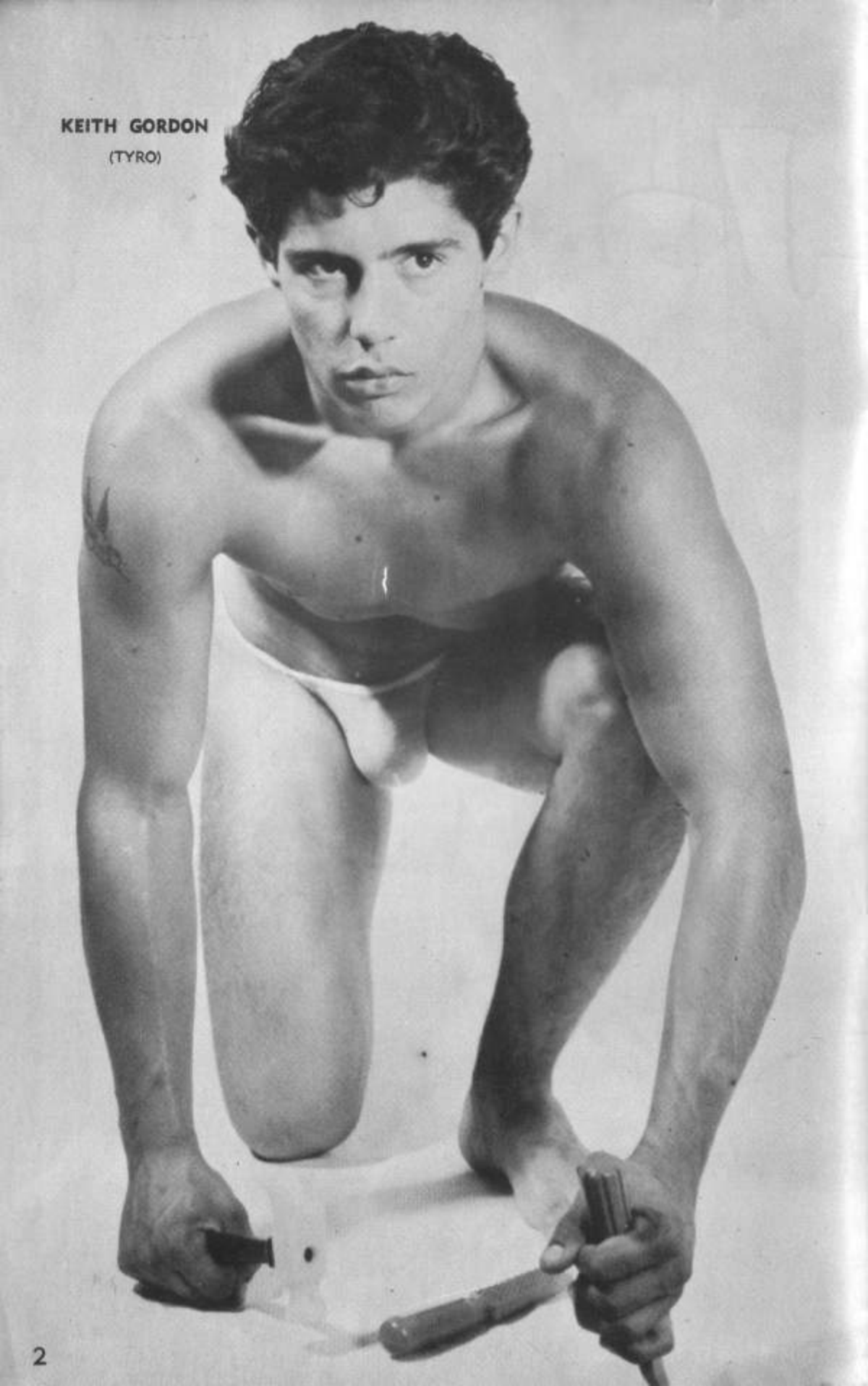


THE BOY'S GUIDE TO PHYSICAL FITNESS


KEITH GORDON
(TYRO)

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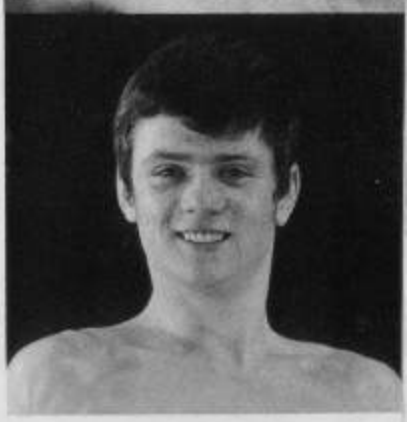
THE BOY'S GUIDE TO PHYSICAL FITNESS



No. 29 **NOVEMBER 1968**

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DWIGHT KASSELL
(Champion)
BACK COVER
JACK BARCLAY
(Ferrero)

Here He Is!

The Sunshine Boy

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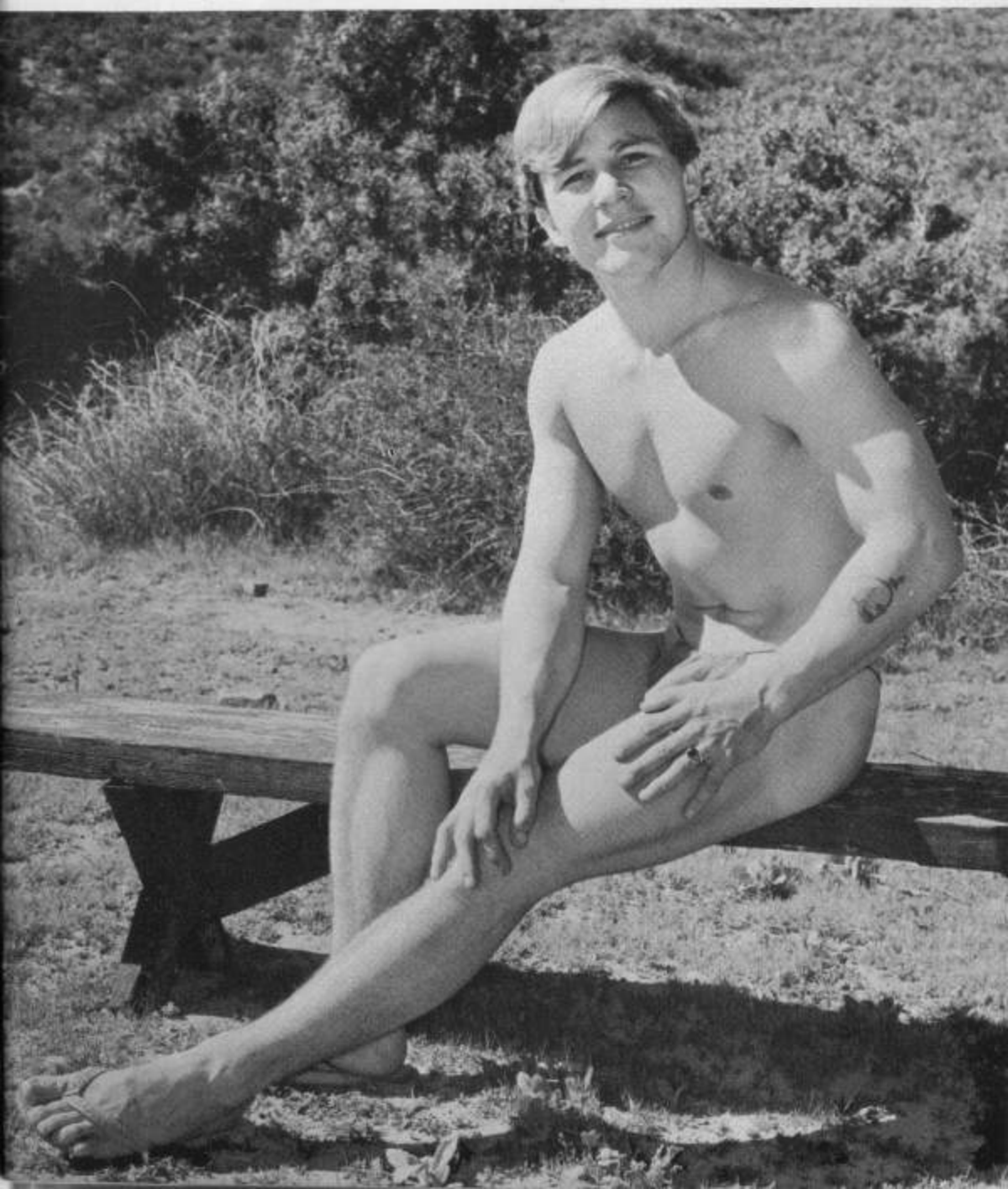
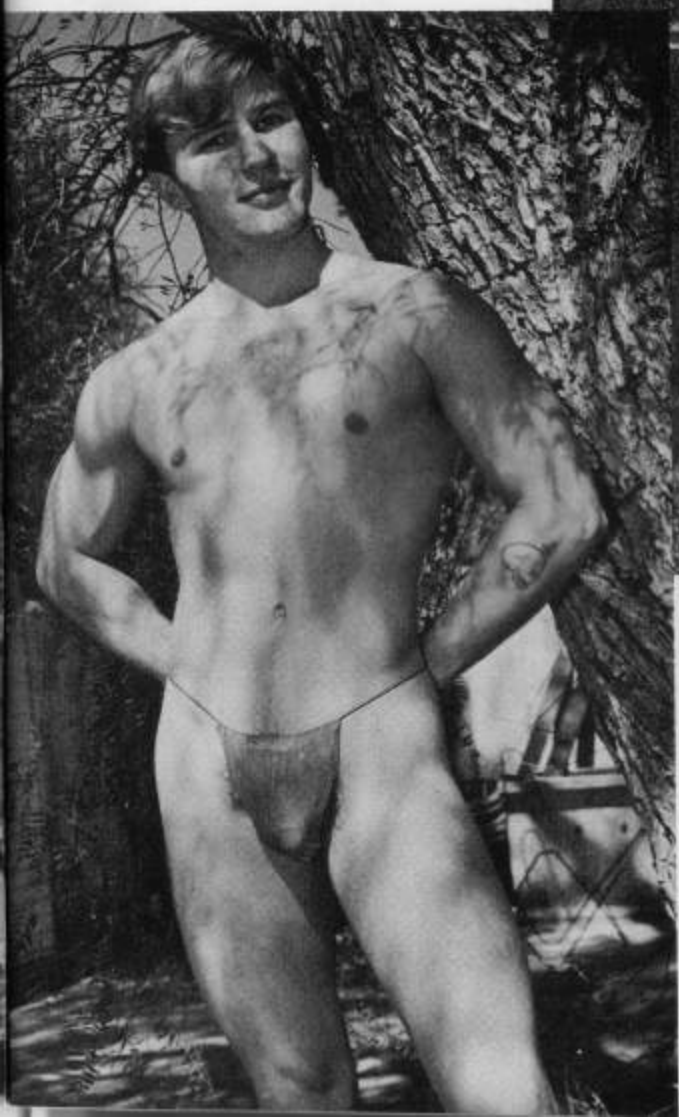
A PORTFOLIO OF BEGUILING STUDIES
OF A HAPPY NEW TEEN PERSONALITY

by **R.A. ENTERPRSES**



"Sunshine Boy"

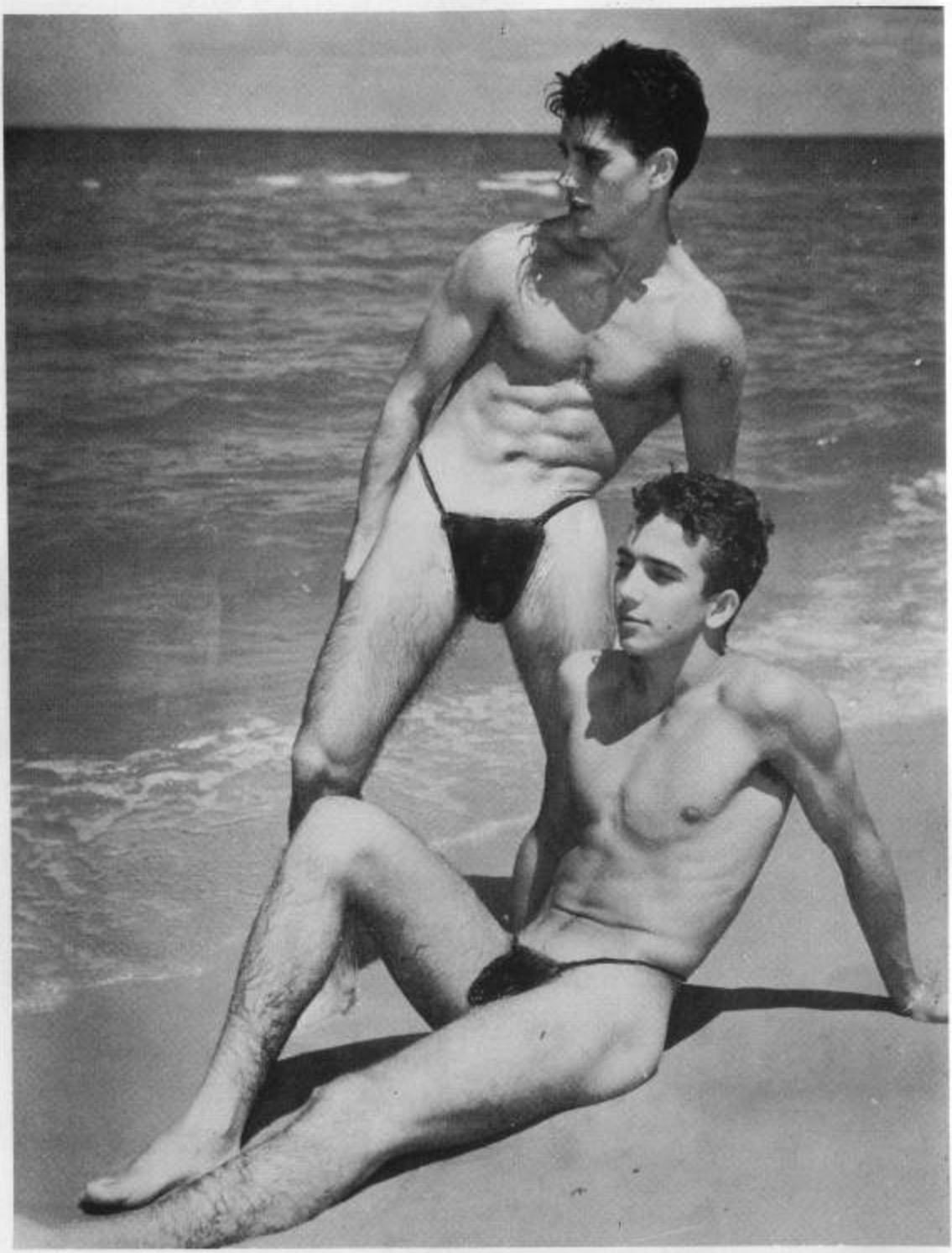
DANNY DE WHIS



EXCLUSIVE MODEL OF

R.A. ENTERPRISES

Turn to Page 21 and see DANNY in glowing color



TWO TEEN-AGERS ENJOY THE HEALTHFUL
SUN AND AIR ON A SOUTH AFRICAN SHORE

WEIGHT GAINING AIDS

for You!

YOU ARE what you eat. Your body is made up only of what you have ingested. The matter you take into your body is transformed, chemically and physically, into all of the substances needed for growth, muscle development, and life itself.

You have been told about calories — that they are the energy you need for every bodily process. We want to emphasize again that the young bodybuilder burns up his calories very fast. For comparison's sake, check your muscle-building activities against the fact that it would require 2,000 calories to walk from the 1st to the 103rd floor of the Empire State Building.

Energy, in the form of calories, is one of the few things the body can put in reserve. To achieve this reserve—which means more weight for you—your caloric intake must exceed your caloric output. Food is the only source of calorie, so your weight gaining program is going to depend on your selection of high calorie dishes.

You can make up your own daily menus from the following list which gives you the most common foods and the amount of calories they contain. Proportions are estimated to be about average servings. You can increase your calorie intake by increasing the size of the servings, or by making combinations such as cream sauce, which has a high calorie count, with meats or vegetables which are low in calories.

BREAKFAST

(Calories listed in right-hand column)

Bacon, 2 slices	97
Ham, 1 slice	460
Sausage, 4 oz., link or bulk	510
Eggs, 1, scrambled or fried	106
Grapenuts or flakes, serving	210
Cream of Wheat or Oatmeal	110
Pancakes, 1 4-inch cake	59
Waffles, 1 whole	216
Orange Juice, 1 cup, unsweetened	109

LUNCH AND DINNER

Boneless chuck, 6 oz.	530
Beef flank, 6 oz.	540
Hamburger, 6 oz.	632
Rib Roast, 6 oz.	586
Porterhouse, 1 lb.	1269
Round steak, 1 lb., boneless	1171
Rump, 1 lb., boneless	1714
Sirloin, 1 lb., with bone	1173
Beef stew, with veg., 1 lb.	487
Beef liver, 6 oz.	354
Lamb rib chops ½ lb.	627
Lamb shoulder, ½ lb.	627
Lamb leg roast, ½ lb.	490
Pork loin or chops, ½ lb.	674
Veal cutlet, 6 oz.	368
Veal shoulder, 6 oz. boneless	496
Veal stew meat, 1 lb.	1344
Bluefish, ½ lb., fried	464
Haddock, ½ lb., fried	359
Halibut, ½ lb., broiled	414
Swordfish steak, 1	223

Continued on page 10

WEIGHT GAINING AIDS

LUNCH AND DINNER

Avocado ½	279
Beans, navy, pea, marrow, 1 cup	642
Beets, 1 cup	642
Broccoli, 1 cup	44
Brussells sprouts, 1 cup	60
Cabbage, 1 cup	40
Carrots, 1 cup	44
Corn, 1 cup	140
Parsnips, 1 cup	94
Peas, green, 1 cup	111
Potatoes, boiled in skin, 1	115
Potatoes, fried, serving	470
Sweet potatoes, candied, 1	314
Sweet potatoes, boiled, 1	252

DAIRY PRODUCTS

Butter, 1 pat or square	50
Milk, 1 cup, whole	166
Milk, 1 cup, half & half	330
Cheese, cheddar, 2 oz.	226
Cream, ½ pt., light	489

FRUITS AND NUTS

Bananas, 1 medium	88
Raisins, dried, 1 cup	429
Peaches, dried, 1 cup	424
Figs, dried, 1 cup	453
Peanuts, shelled, 1 cup	800
Walnuts, shelled, 1 cup	654
Almonds, shelled, 1 cup	848

SNACK FOODS

(For Your Late Meal—About 10 PM)

Boiled ham, 2 oz.	172
Tongue, 2 oz.	235
Liverwurst, 4 oz.	30
Bologna, 4 oz.	260
Frankfurter, 1, 5½ inches	120

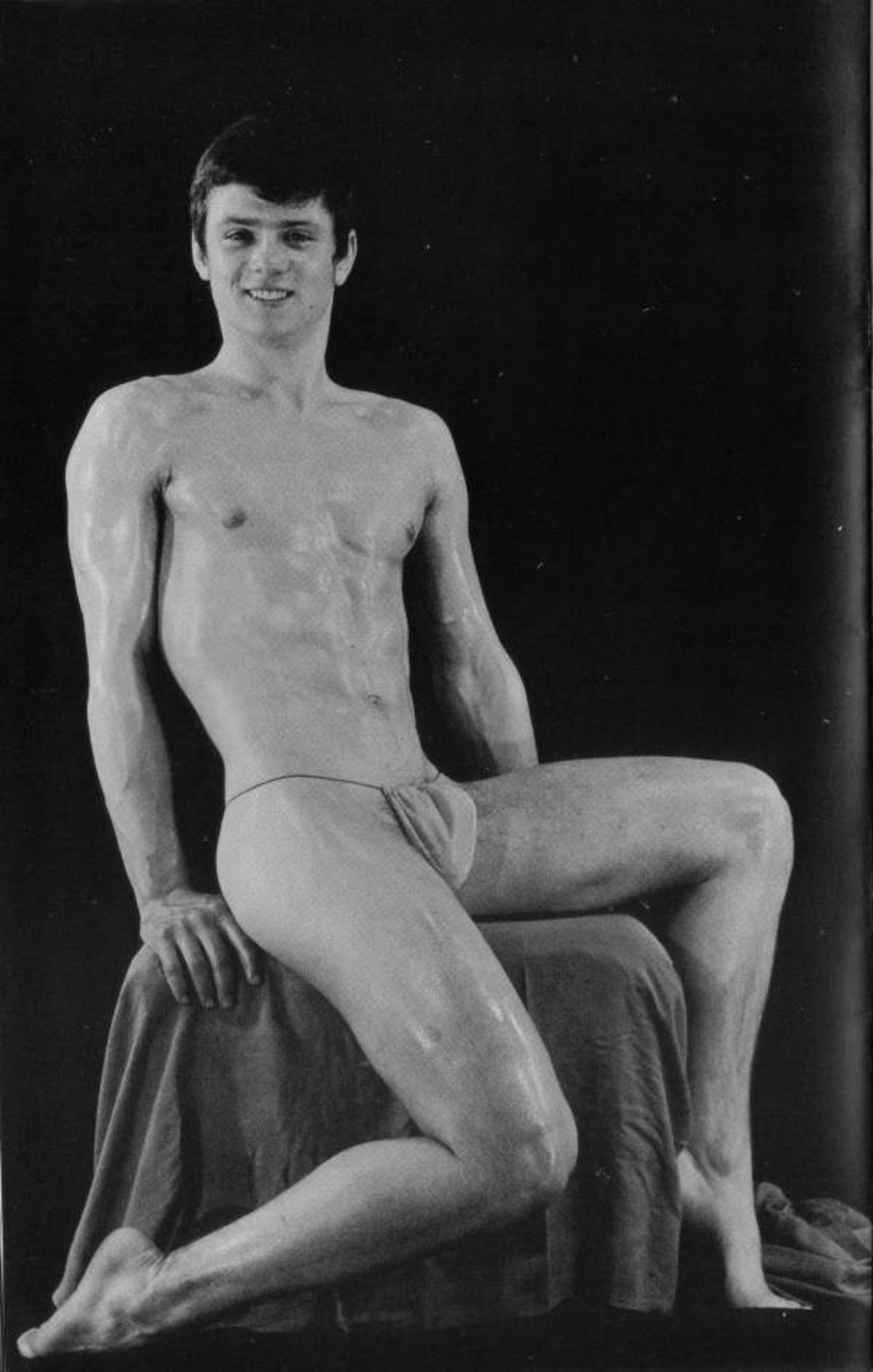
For dessert, pies—per average slice — run: Apple (331), Cherry (340), Raisin and Mince (341), Lemon Meringue (302). Other desserts: 1 cake doughnut (136), Danish Pastry 1 (195), Apple Betty, 1 cup (344). Breads run about 60 calories per slice and biscuits, 129 each.

To plan a balanced diet, you must have one item from each of the basic foods, every day. By checking the foregoing calorie list you will be able to select that item which has the highest caloric content. Plan your diet to run at least 5,000 calories every day, and more will not hurt.

One very important point which nutritionists always make is that a person on a high calorie diet is going to be lowering his vitamin intake by reason of the type of foods he must eat. Many weight gaining programs fail because of this. Certain vitamins in proportionate quantities must be taken into the body to enable it to digest and make use of the additional calories. Food substances work on one another. Where one substance is lacking, another vitally needed element may pass through the body as waste because the chemical needed for assimilation is missing.

For this reason, supplements such as Vitamin-Minerals, Super Protein and Weight Gaining Aids must be made a part of your weight gaining diet. Keep a good supply on hand. With all the information fixed in your mind, lay out your routine. Then stick to it. Putting on weight is like muscle-building -- it takes time, persistence and steady application of necessary principles.

TUCK POWELL
(Champion)



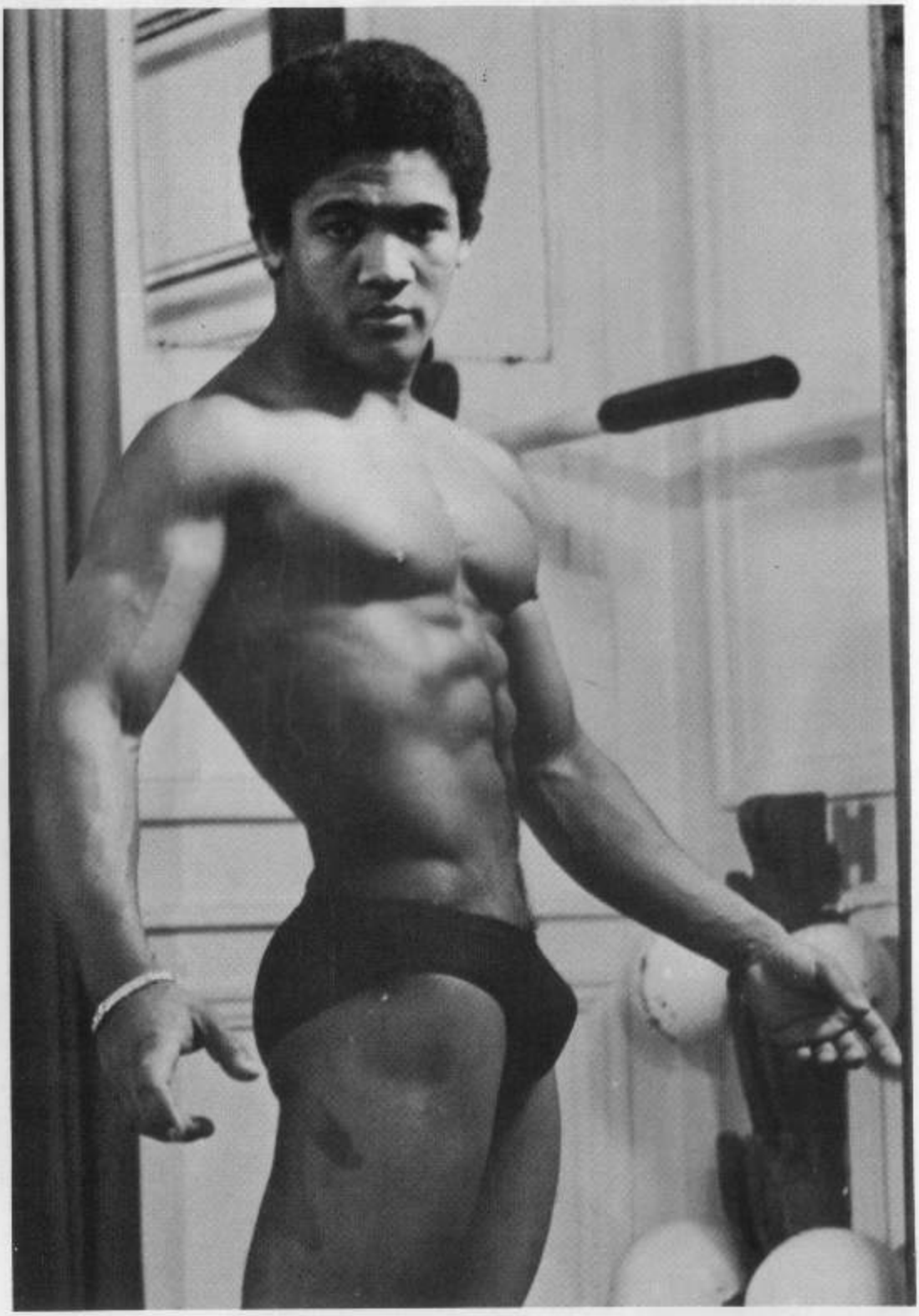
Two Studies of

FRANK GARDNER

by Hoffman

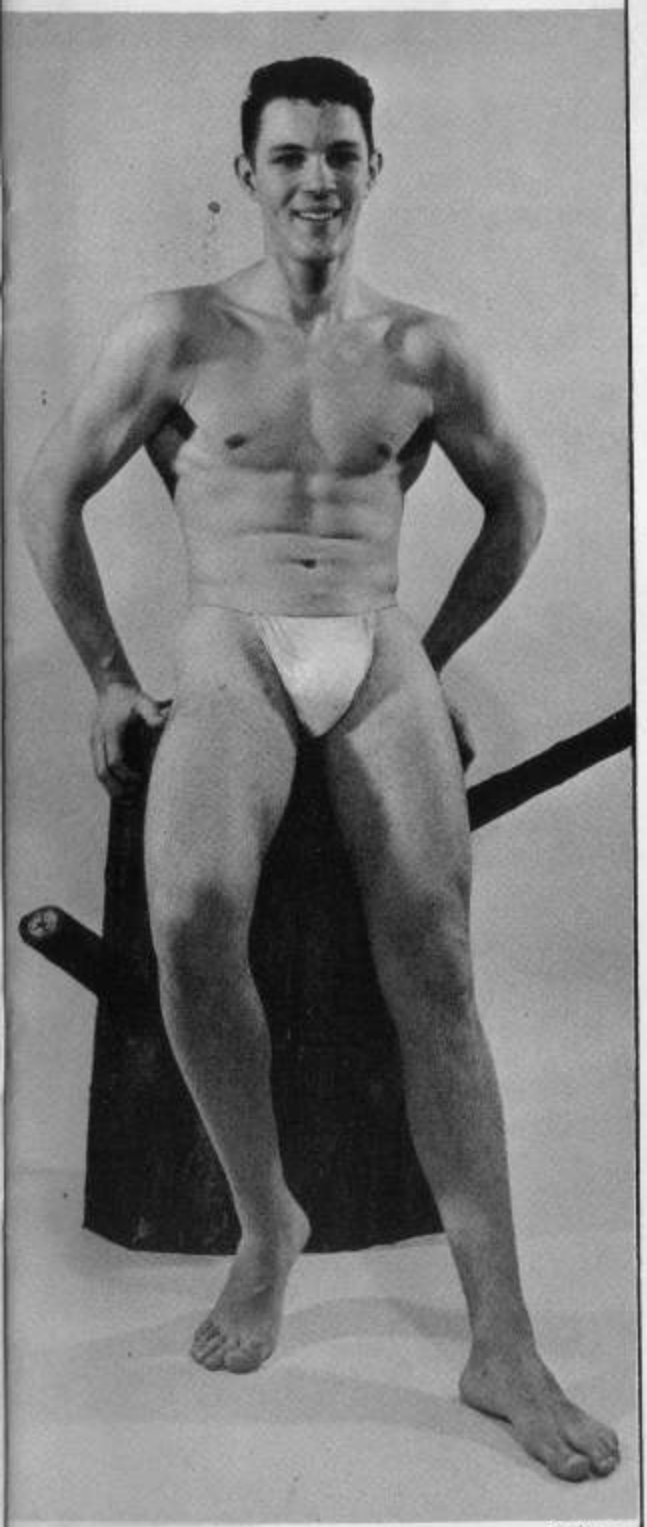
Two Studies of
TERRY HUNTER
by Larry Knight

A NEW TEEN-STAR FROM FRANCE!



TONY LUBIN

TEEN-STAR



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TWO OUTDOOR STUDIES
BY WESTERN

CLAY MARSHALL
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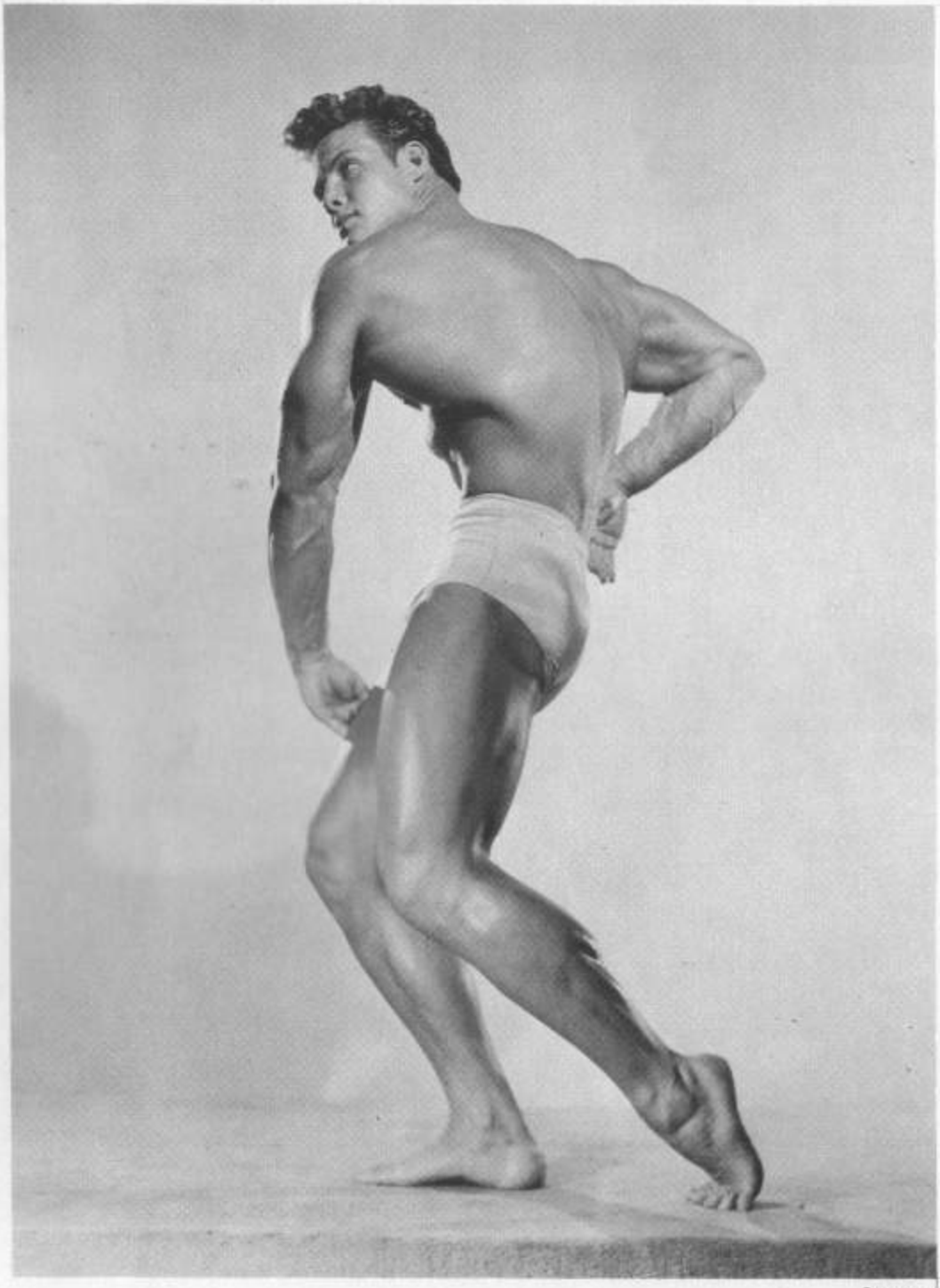
DANNY DE WHIS
(R.A. ENTERPRISES)

JR.'s SENIOR of the MONTH



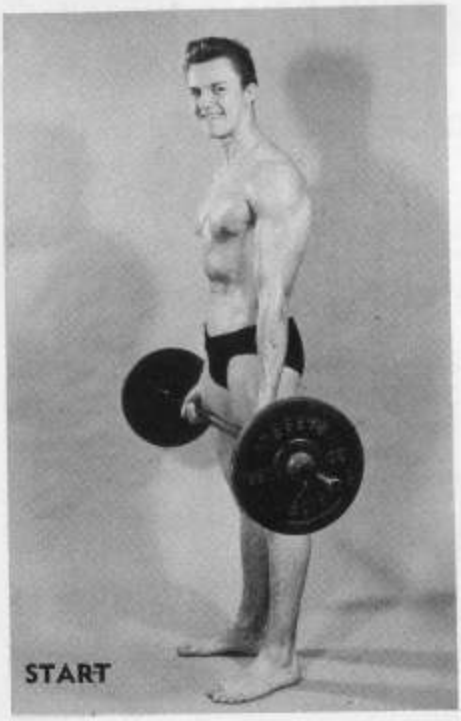
Sparton

STEVE REEVES

JR's WEIGHT TRAINING SERIES

BASIC EXERCISES FOR YOUNG BODYBUILDERS

Follow **RICH POTOCZEK** in the movements shown, doing 3 sets of 12 or more reps per workout.



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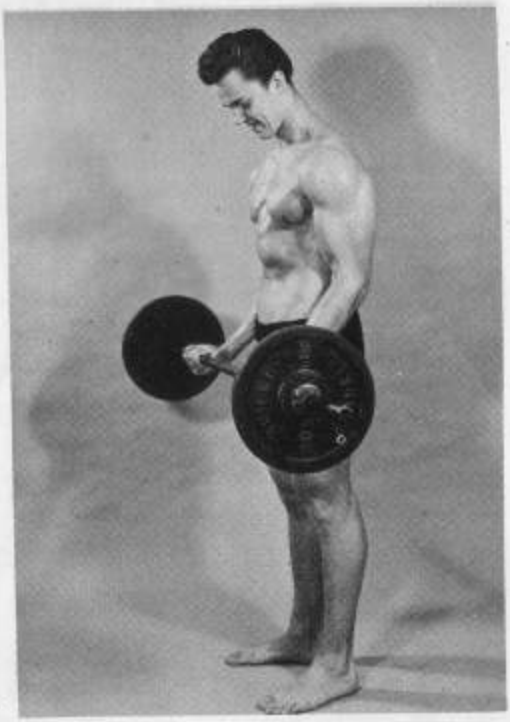

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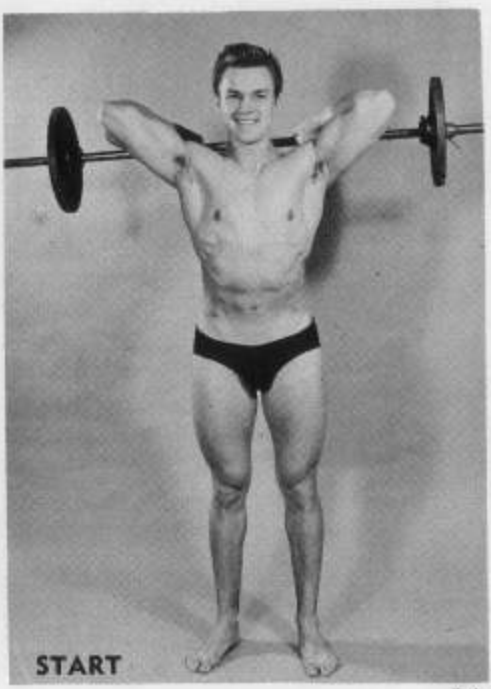
Photos by METECUE



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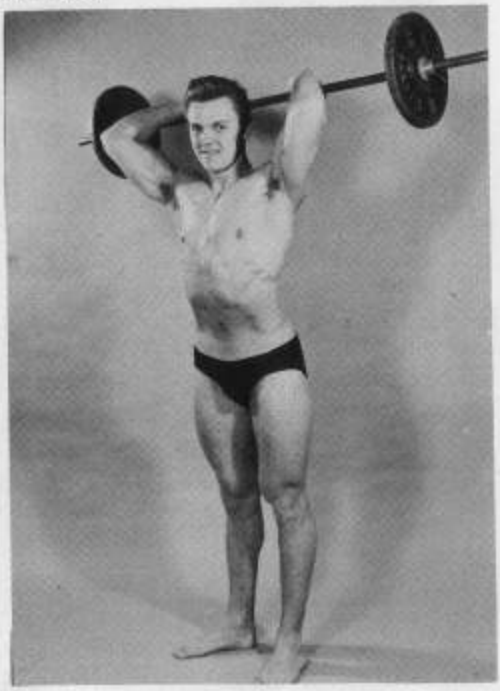


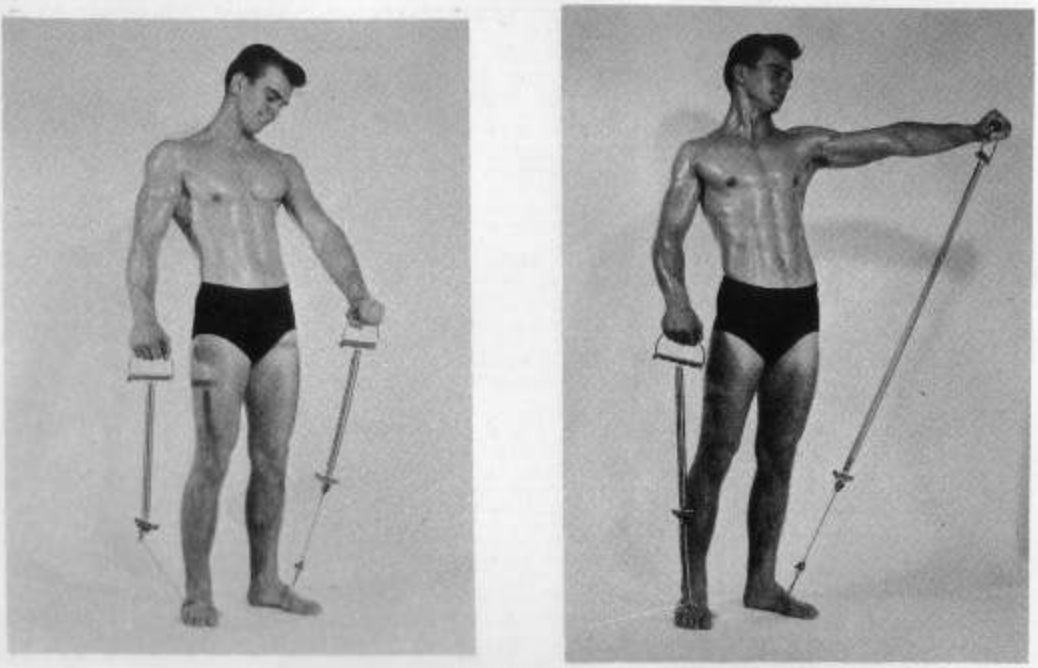
BACK-PRESS

FOLLOW THIS SERIES IN EACH ISSUE OF **JR.** and GAIN FOR YOURSELF A FINE PHYSIQUE

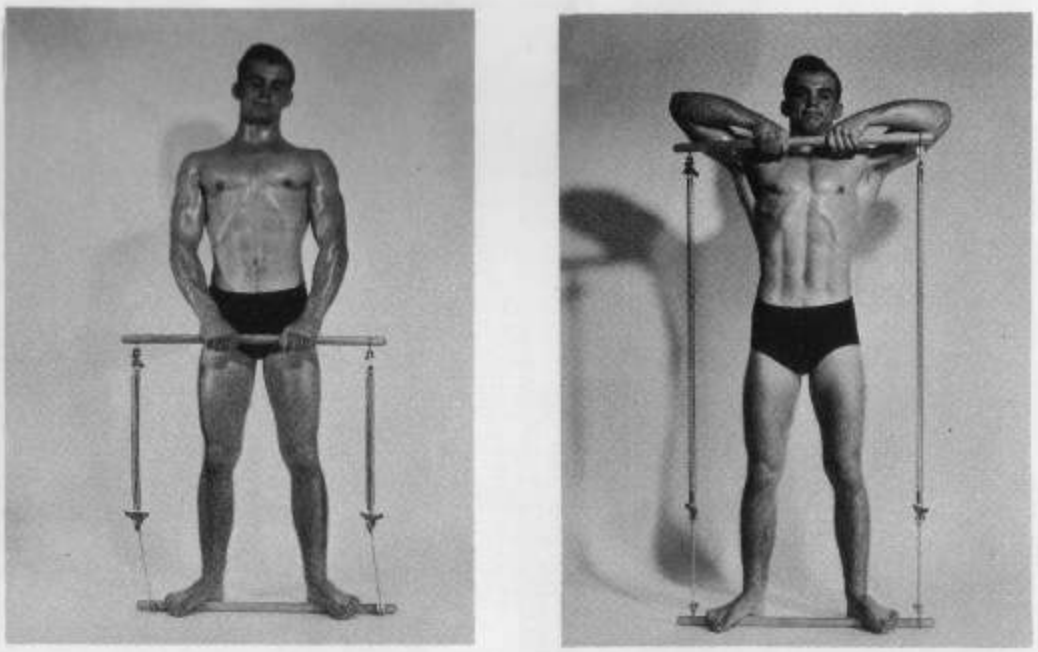
TRY THESE ON YOUR CABLES!

Follow **JIMMY CONREY** in the movements shown, doing 3 sets of 12 or more reps per workout. You'll feel great after you do them.

Photos by Bruce



ALTERNATE LATERALS



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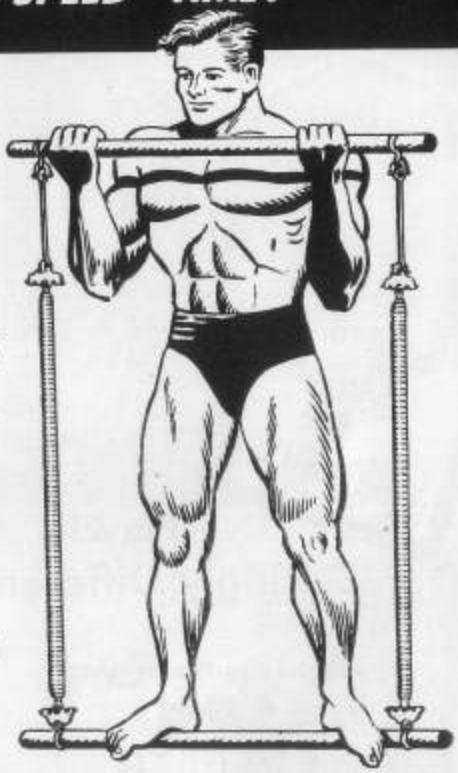

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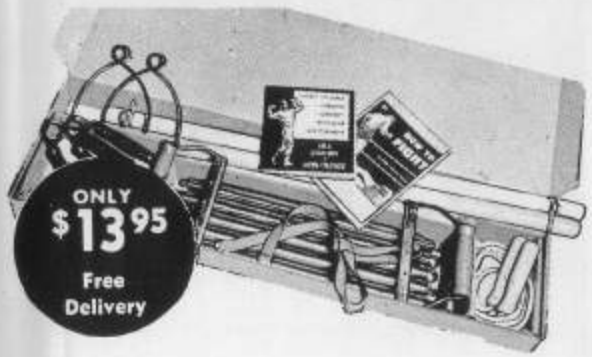

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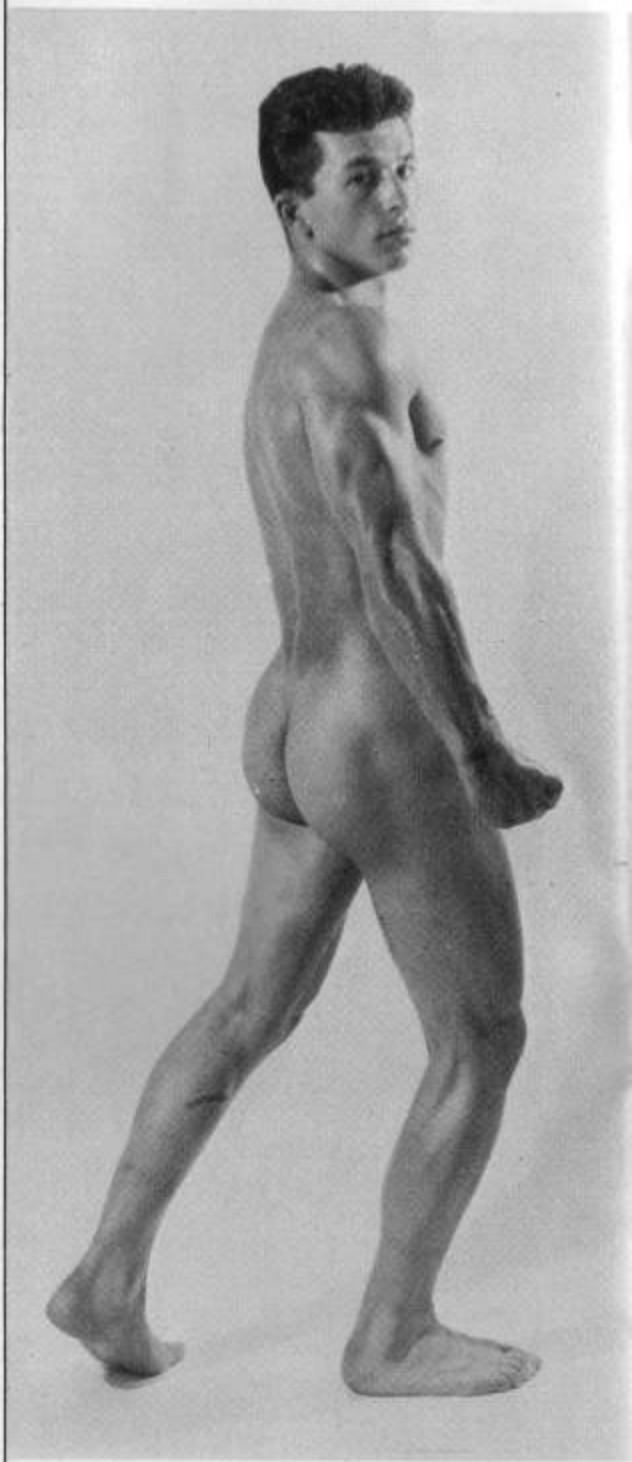

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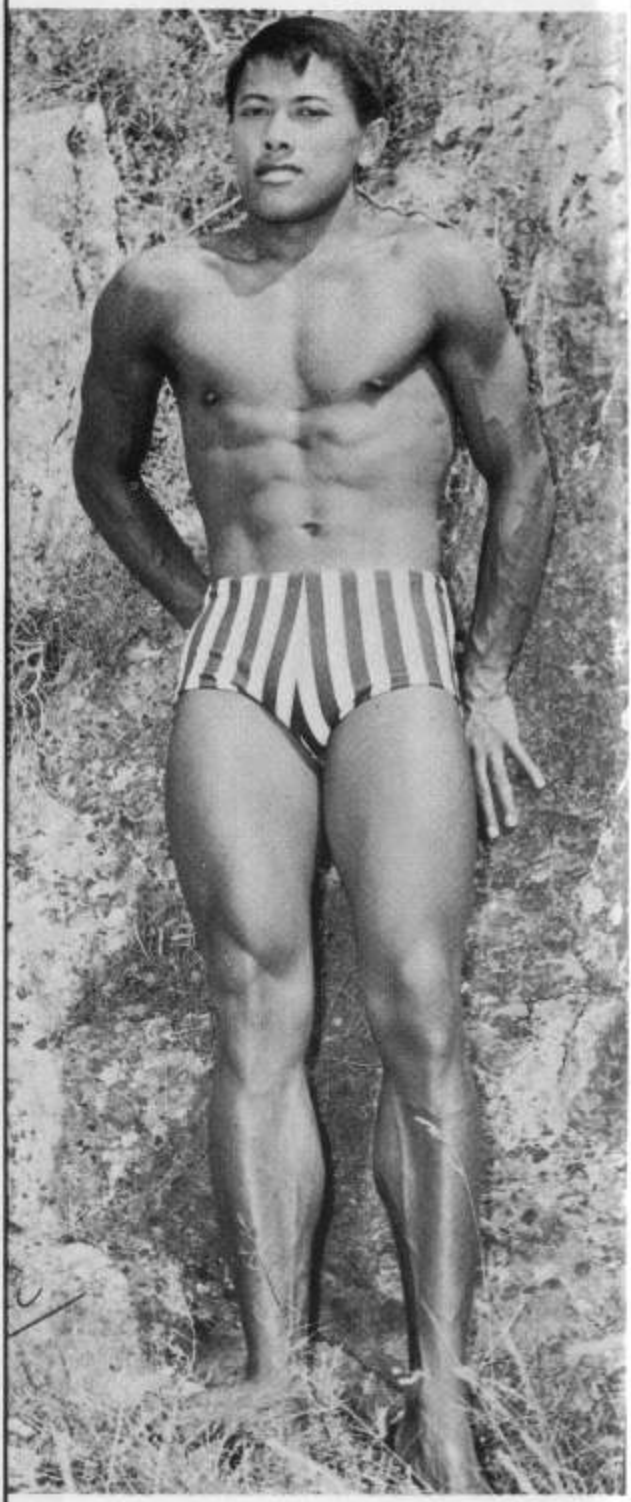
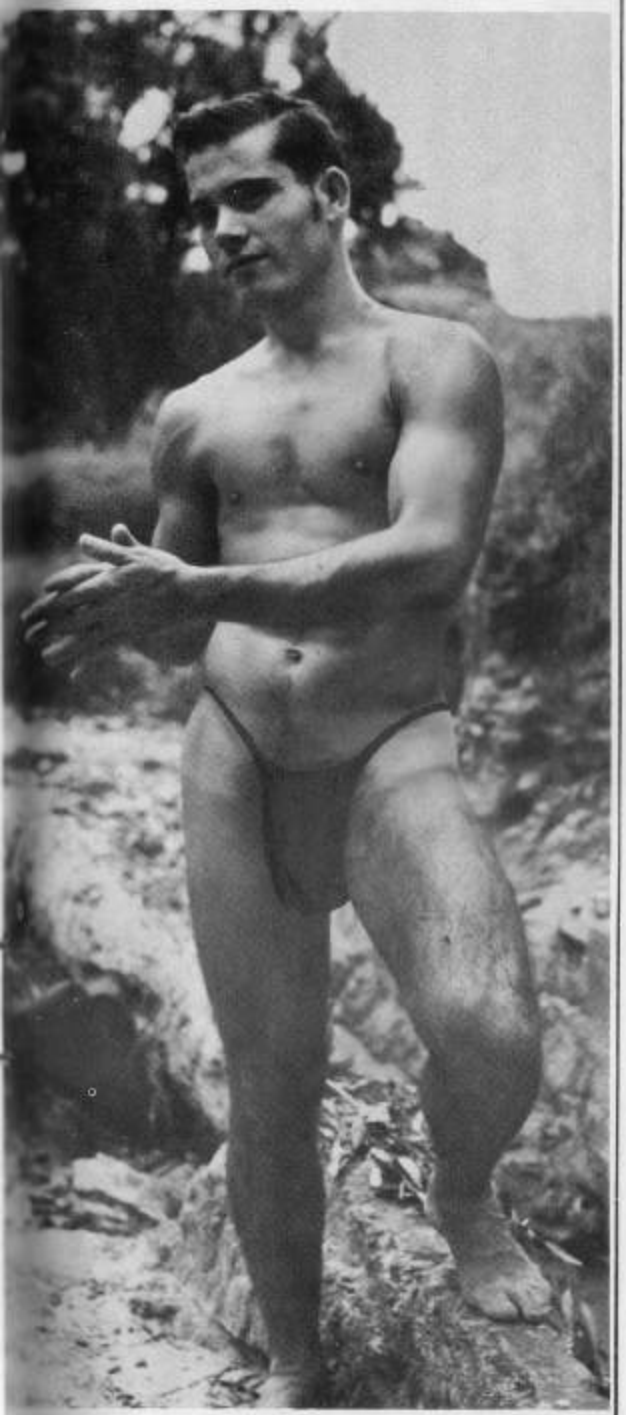


Ferrero

M. ANKA

TEEN-STAR



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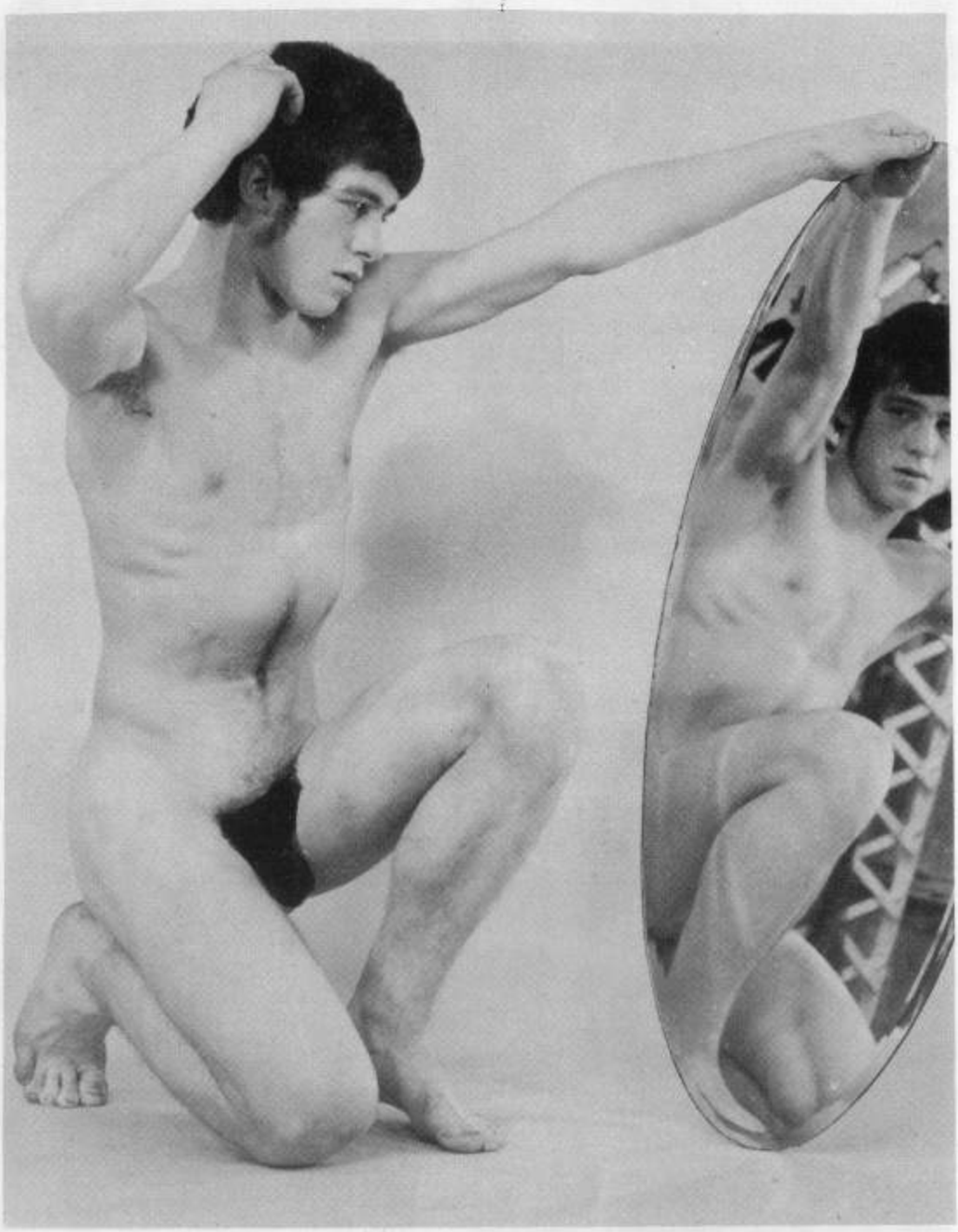

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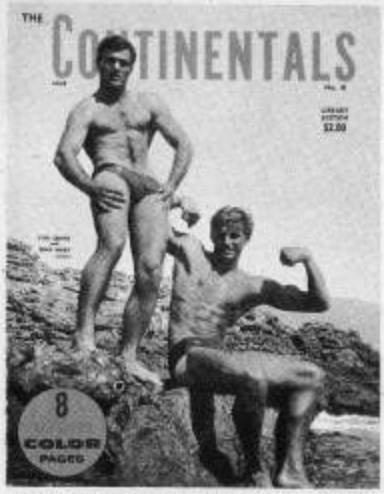

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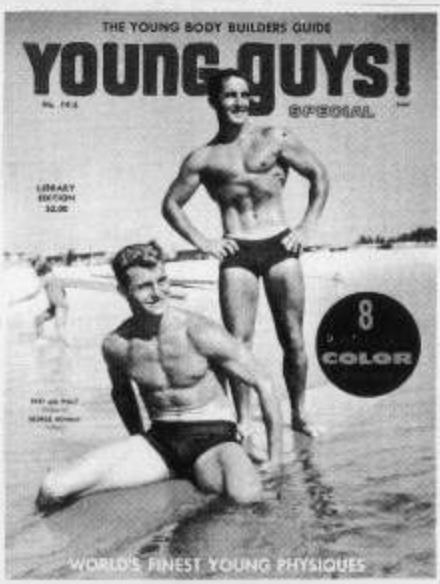

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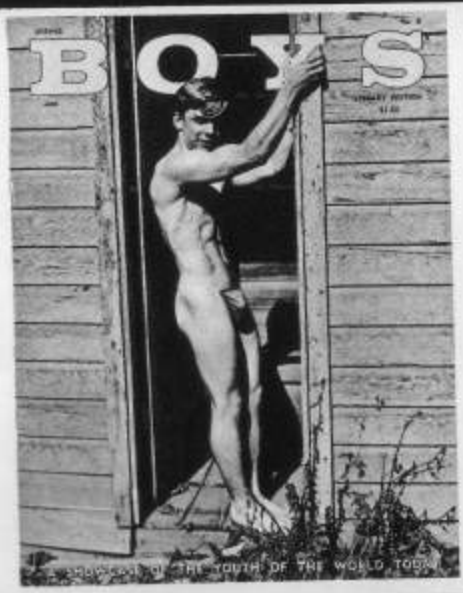

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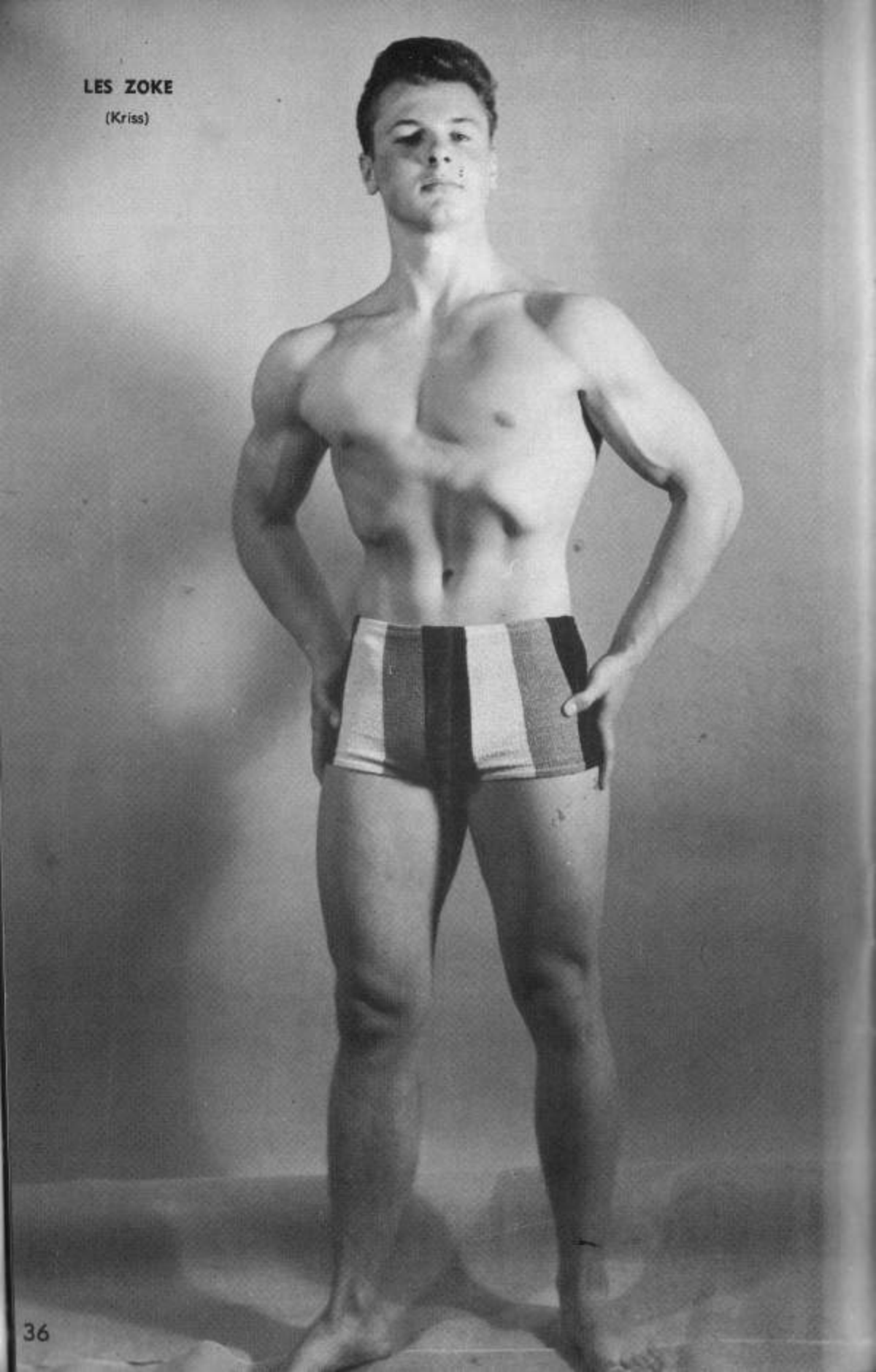

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